THE UPSET STOMACH

99¢

TRIX

The recipes and illustrations in this cookbook were donated by the kids from Bethany Lutheran Church Sunday School, 7400 Woodlawn Avenue N. E., Seattle, Washington. A special thanks to Paul Nelson for the cover design.

We hope you enjoy this collection of foods and are reminded each time you use the cookbook that evangelism can be a reaching out in many varied ways, even through a "99¢ Upset Stomach"!

FAMILY PIE

ONE HANDFUL OF FORGIVENESS,

ONE HEAPING CUPFUL OF LOVE,

A FULL POUND OF UNSELFISHNESS,

MIX TOGETHER SMOOTHLY WITH

COMPLETE FAITH IN GOD.

ADD TWO TABLESPOONS OF WISDOM,

ONE TEASPOON OF GOOD NATURE FOR

FLAVOR,

THEN SPRINKLE GENEROUSLY WITH

THOUGHTFULNESS.

THIS MAKES A WONDERFUL FAMILY PIE.

Our thanks to Jennifer King, age 5

DRINKS

&

SALADS

Frosty Orange Float

You'll need: Orange sherbert; chilled orange soda
Trims: Pineapple slice anchored with toothpicks; peppermint-candy barber pole straw
Mix: Spoonful sherbert and some pop in tall glass
Fill with orange pop. Float sherbert on top.

Mulled Apple Juice or Cider

4 cups apple juice or cider
1/2 teaspoon whole allspice
1/2 whole clove
1 small stick cinnamon
1/8 teaspoon salt
1/4 cup brown sugar

Put all ingredients in large saucepan. Heat on low heat for 20 to 30 minutes to simmering point. Remove kettle from heat. Strain into cups and serve immediately. Serves 5 or 6.

Orange Buttermilk Cooler

1 cup chilled buttermilk
1 large scoop orange sherbert

Combine buttermilk and sherbert; beat until smooth and creamy. Garnish with orange slice and maraschino cherry. Serve with a colorful straw.

Candy Cane Punch

1/4 cup lemon juice
1 (6 ounce) can frozen orange juice concentrate
1/4 cup sugar
1 egg white
6 hard peppermint candies
4 peppermint candy canes
Gingerale

Put all ingredients except candy canes and ginger ale into blender, cover and process at LIQUEFY until candies are liquefied. Divide evenly between four tall glasses, fill with ginger ale. Stir gently to mix. Serve with peppermint candy canes as stirrers.

Peach Cooler

3/4 cup cold milk
1/2 cup chilled peaches, fresh or canned
1/4 teaspoon salt
2 or 3 drops almond extract
1/2 cup vanilla ice cream, in 6 pieces.

Put all ingredients except ice cream into blender, cover and process at LIQUEFY until smooth. Stop and add the ice cream, cover and process at STIR 3 to 5 seconds. Yield: 1½ cups.

Strawberry Milk Smoothee

1 cup cold milk
3/4 cup strawberries
1 tablespoon sugar
1 teaspoon lemon juice
1 cup crushed ice

Put all ingredients into blender, cover and process at LIQUEFY until smooth. Top with grated nutmeg. Yield: 2 cups.

Hot Spicy Apple Eggnog

2 eggs, separated
1/2 cup heavy cream, whipped
1/4 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
dash of nutmeg
2/3 cup apple juice
3 cups scalded milk

Beat egg whites with rotary beater until stiff. Blender-whip cream and set aside. Put egg yolks, sugar, salt, cinnamon, nutmeg and apple juice in blender, cover and process at STIR until sugar is dissolved. Remove feeder cap and add scalded milk slowly. When well blended, pour over egg whites and quickly fold together. Serve hot topped with a mound of whipped cream. Yield: about 1 quart.

Kristina Becker, age 6

Strawberry Sparkle Punch

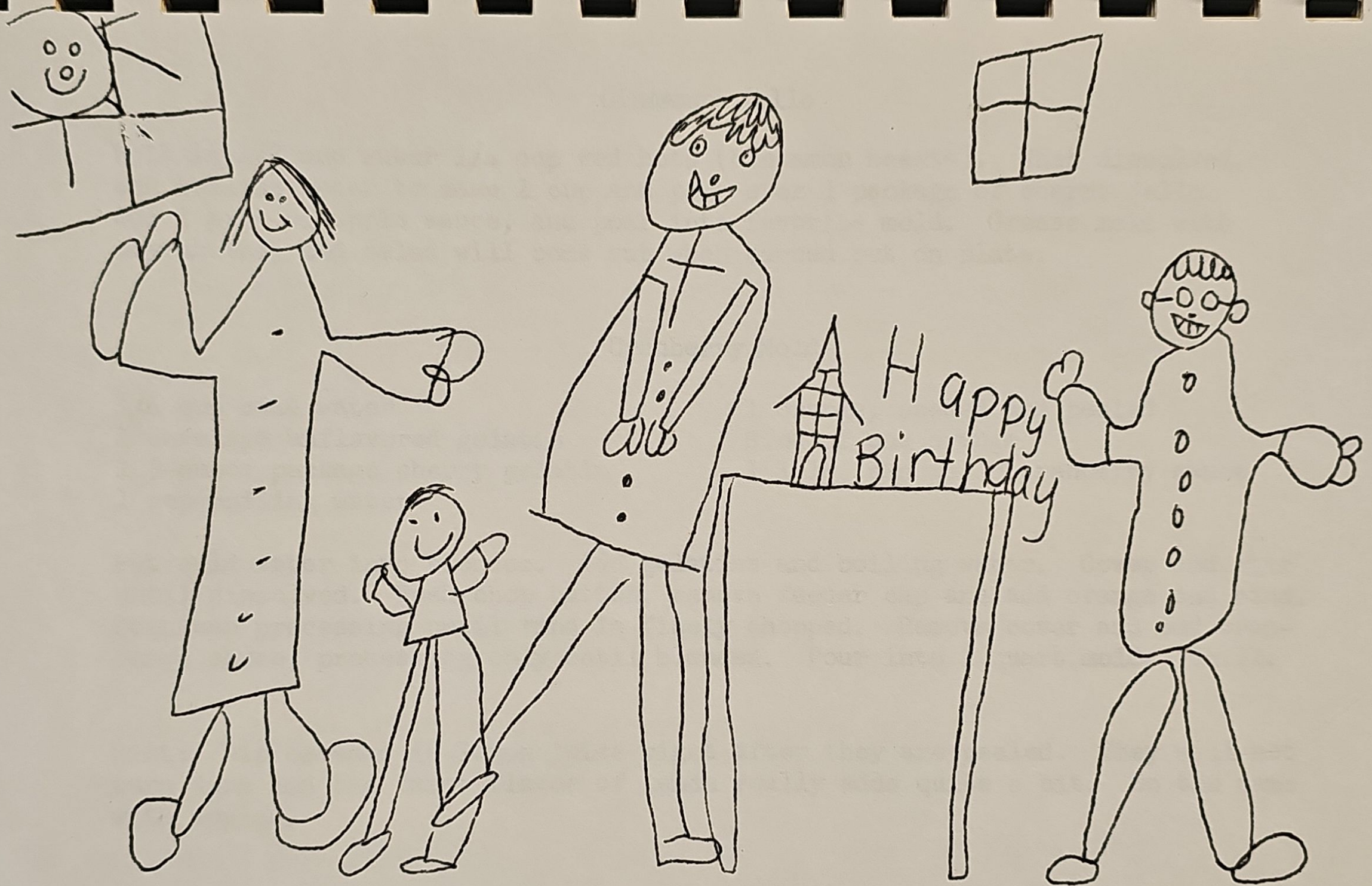
2 cups fresh strawberries
1 (3 ounce) package strawberry jello
1 cup boiling water
1 (6ounce) can frozen lemonade concentrate
3 cups cold water
1 (1 quart) bottle cranberry juice cocktail
1 (12 ounce) bottle gingerale

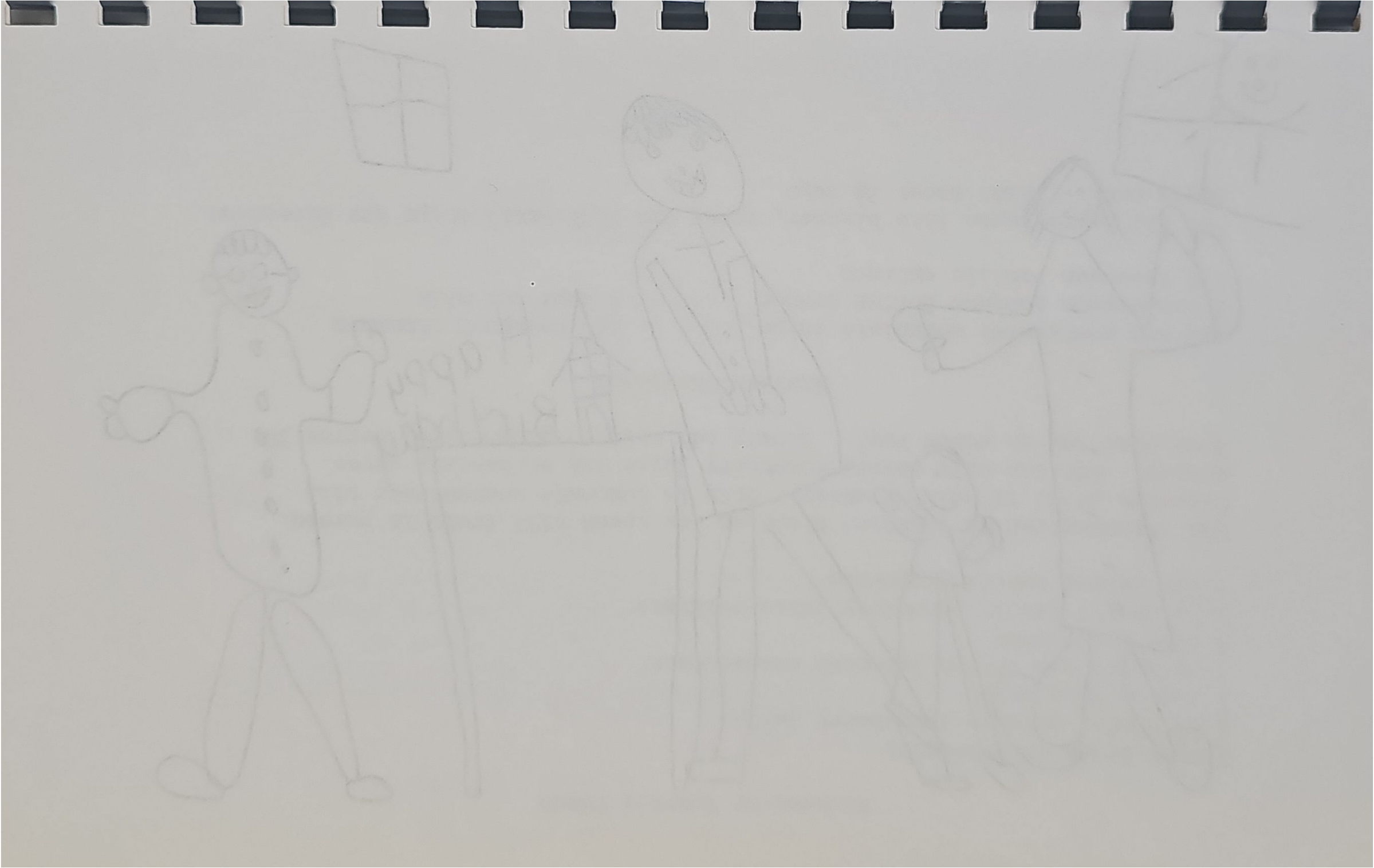
Put strawberries in blender; blend on low speed till fruit is pureed. Dissolve jello in boiling water. Stir in lemonade concentrate till melted. Add the cold water, cranberry juice and strawberry puree. Pour over ice in punch bowl. Slowly add chilled gingerale. Serves 30.

Mexican Chocolate

1/2 cup semi-sweet chocolate chips
1 tablespoon instant coffee powder
1/2 teaspoon vanilla extract
1/4 teaspoon cinnamon
2 cups hot milk

Put all ingredients into blender, cover and STIR until chips are dissolved. Serve hot. Yield: about 2½ cups.


Happy
Birthday



Cinnamon Jello

Boil in 1/2 cup water 1/4 cup red hots (cinnamon hearts). When dissolved, add boiling water to make 1 cup and pour over 1 package of cherry jello. Add 1 pint of apple sauce, and pour into favorite mold. Grease mold with mayonnaise, and salad will come out when turned out on plate.

Cranberry Mold

1/4 cup cold water
1 envelope unflavored gelatin
1 3-ounce package cherry gelatin
1 cup boiling water
1 orange, seeded and peeled
Rind of one orange
1 1 lb. can whole cranberry sauce

Put cold water into blender. Add gelatins and boiling water. Cover and stir until dissolved. Push chop button, remove feeder cap and add orange and rind. Continue processing until rind is finely chopped. Remove cover and add cranberry sauce, processing only until blended. Pour into 1 quart mold. Chill.

Hint: Dip bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. Do the same with apples.

Frosted Fruit Salad

1 package lime jello
2 cups water
2 bananas, diced
1 #303 can crushed pineapple, drained, reserve juice
8 marachino cherries, cut into rounds or chopped fine

Topping:
1 cup pineapple juice (drained from fruit)
1/2 cup sugar
2 tablespoons flour
1 egg, well beaten
1 tablespoon butter
1/2 cup heavy cream, whipped

Combine jello and 1 cup boiling water. Add 1 cup cold water. Chill until it begins to set. Add bananas, pineapple and cherries. Pour into cake pan and set until firm. Combine juice, sugar, flour and egg. Cook, stirring constantly until mixture is a thick custard-like consistency. Let cool. Fold in whipped cream. Spread over top of jello as a frosting. Chill several hours. Serves 8.

Kristina Becker, age 6

Blender Vegetable & Fruit Gelatin Salad

1 package lemon or orange gelatin
1 cup boiling water
2/3 cup orange juice (frozen or fresh)
1 small carrot
1/2 stalk celery (if large)
mandarin oranges or any fruit

Dissolve gelatin in hot water. Put orange juice in blender and add carrots and celery and blend until smooth. Add this to the dissolved gelatin mixture. Put in refrigerator until it begins to thicken. Add fruit and put in molds.
One can vary this salad by using any kind of vegetable and fruit, or by adding cottage cheese. I use this for my non-vegetable eating grandchildren.

Ruth Lassi

Cottage Cheese Salad

1 small pint carton cottage cheese
1 can drained, crushed pineapple
1 small pint carton cool whip
1 small package orange jello
1 can drained, mandarin oranges

Add dry jello to cottage cheese, mix; add fruit, mix well; fold in cool whip. Serves 6-8.

Mary Soder, age 9

Garbanzos in White Wine

2 (1 pound) cans garbanzos
1/2 cup Sauterne or other white dinner wine
1/4 cup oil
1/4 cup wine vinegar
1/4 cup catsup
1/4 cup finely chopped green onion
2 tablespoons finely chopped fresh parsley
1 tablespoon finely chopped pimiento
1 teaspoon salt

Drain garbanzos; combine with all other ingredients. Mix lightly; cover and refrigerate several hours or overnight. Serve garbanzos with some of the marinade. An easy way to serve a vegetable, cold, with a barbecue or buffet dinner.

Shoe String Salad

1 cup diced chicken or tuna
1 cup shredded raw carrots
1 cup diced celery
1/4 cup minced onion
1 cup halved green grapes
1/2 cup tangy salad dressing

Mix together and chill one hour or more. Just before serving, add 1 cup canned shoe string potatoes.

SOUPS & BREADS

Shrimp Soup

1 cup water
1 cup chopped celery
1 cup diced potato
1/4 cup chopped onion
1/2 teaspoon salt
dash of pepper

Bring to boil and simmer for 15 minutes.
Combine until smooth:

2 cups milk
2 tablespoons flour
1 4½ ounce can of shrimp
2 tablespoons butter or margarine
snip of parsley

Stir into potato mixture and heat!

Freddy Becker, age 4

Scandinavian Sweet Soup

1 cup prunes
1 cup raisins
1/2 cup currants
3 apples, sliced
1 cup sugar
1/4 teaspoon salt
3 cups water
2 cups grape juice
1 sliced lemon
1/2 cup dried apricots
1 stick cinnamon
1/2 cup minute tapioca

Soak dried fruit overnight, then combine all ingredients except lemon and grape juice, and cook until fruit is soft. Add the grape juice and lemon and cook a few minutes more.

Don-Far-Tong
(Chicken Egg Drop Soup with Spinach)

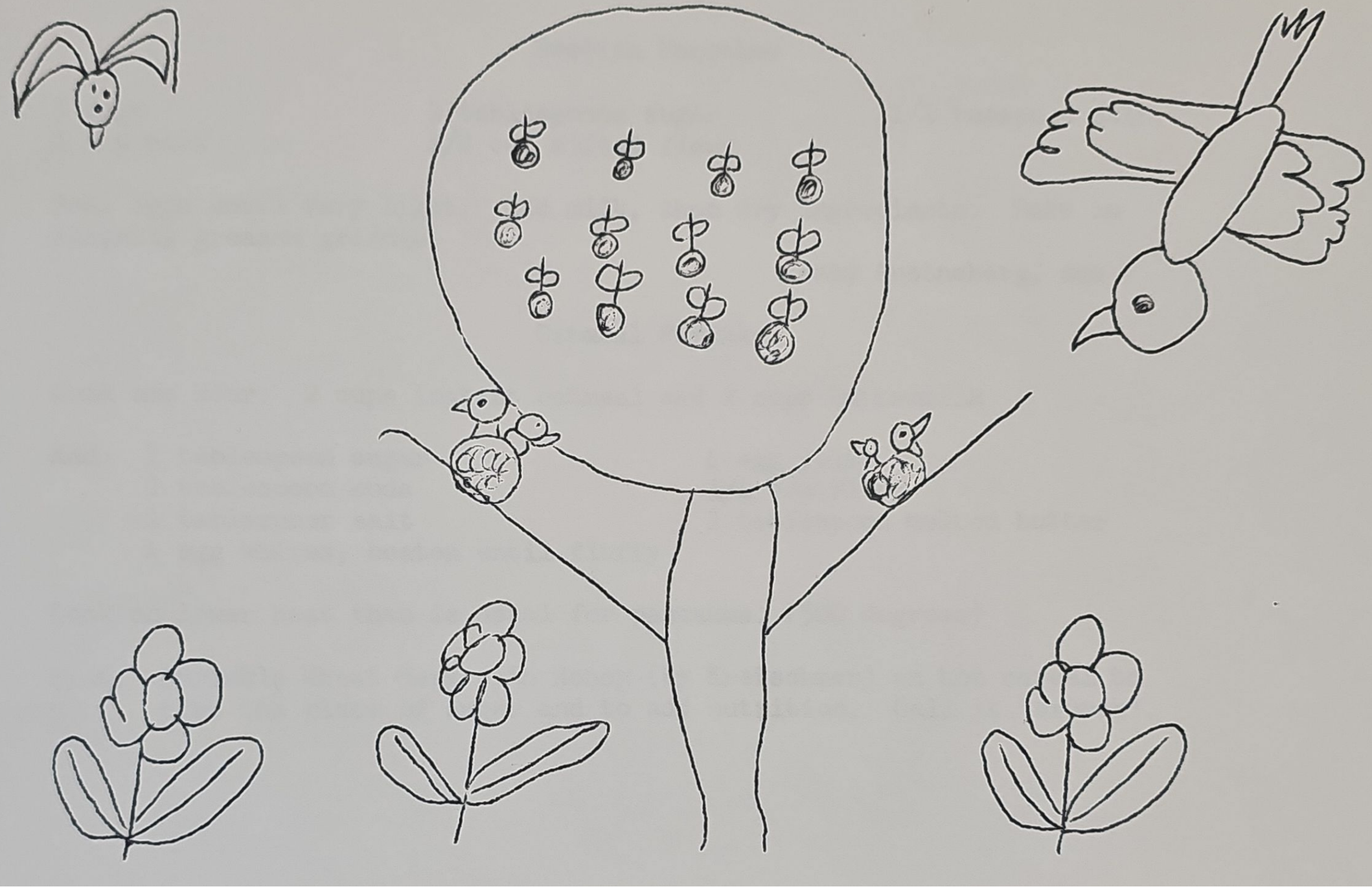
6 cups chicken broth
1/2 cup finely diced celery
2 tablespoons minced onion
2 eggs
1½ cups spinach (or watercress)

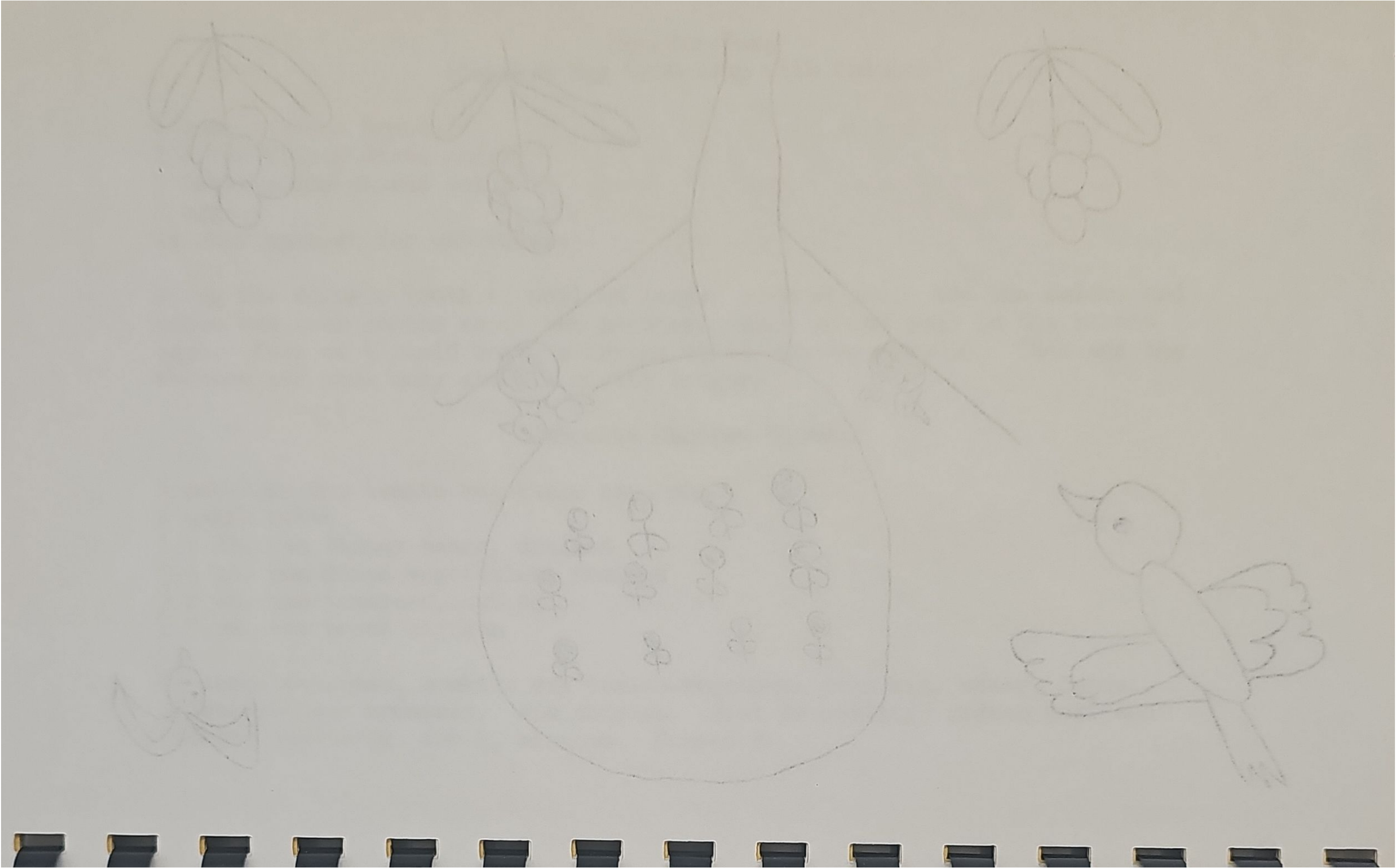
Bring the chicken broth to boil in large, covered pot. Add the celery and onion and cook gently about ten minutes. Boil up and pour in the beaten eggs. Keep at a rapid boil, stirring until the egg shredds. Then add the spinach and cook only about a minute longer.

Campsite Chicken Chowder

1 envelope dry tomato-vegetable soup mix
1 quart water
1 1 lb. can kidney beans, drained
1 1 lb. can mixed vegetables, drained
1 8 oz. can tomatoes, cut up
2 5 oz. can boned chicken

In large saucepan, combine dry tomato-vegetable soup mix, water, beans, vegetables and tomatoes. Add chicken. Heat to boiling; reduce heat and simmer, uncovered, for 10 minutes. Serves 8.





Swedish Pancakes

3 eggs
1 cup milk
3 tablespoons sugar
1/2 cup sifted flour
1/2 teaspoon salt

Beat eggs until very light. Add milk, then dry ingredients. Bake on slightly greased griddle.

Jenny Austneberg, age 4

Oatmeal Pancakes

Soak one hour: 2 cups instant oatmeal and 2 cups buttermilk

Add:
1 tablespoon sugar
1 tablespoon soda
1 tablespoon salt
4 egg whites, beaten until fluffy
4 egg yolks
1/4 cup flour
1 tablespoon melted butter

Cook on lower heat than is usual for pancakes. (300 degrees)

Hint: Sprinkle Wheat Germ with Honey (by Kretschmer) on hot cereal to take the place of sugar and to add nutrition. Call it "crunch".

Breakfast Cake

Cream: 1/2 cup shortening and 1/2 cup sugar
Add: 1/2 cup molasses
1 egg
1 6 ounce can frozen orange juice concentrate
1½ cups dried apricots or 1 banana
1/4 cup chopped apple
1/2 cup nuts

Sift and add:
2 cups flour
1 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ginger
1 teaspoon cinnamon

Bake in 13 x 9 pan, 25-35 minutes at 350 degrees.

Icing optional:
2½ tablespoons orange juice
1½ cups powdered sugar
grated orange rind if desired

Spread on cooled cake.

Jennifer King, age 5

Waffles

2 cups flour
2 tablespoons sugar
3 teaspoons baking powder
some milk - one cup or more
dash of salt
3 eggs
6 tablespoons shortening

Mix dry ingredients together in bowl, sifting first. In another bowl, mix together egg yolk and milk. Separate eggs, putting whites in still another bowl. Add egg yolks and milk to the dry ingredients, add 6 tablespoons of oil or melted shortening to mixture. At last, add beaten egg whites. Blend well but do not stir too hard. Pour 2 to 4 tablespoons of batter on pre-heated griddle.

Jenny Austneberg, age 4

Rye Pretzels

1 package active dry yeast
1 tablespoon malted milk powder
1 tablespoon molasses
1 tablespoon caraway seed
4½ cups rye flour
course salt

Soften yeast in 1½ cups warm water (110 degrees). Add malted milk powder, caraway seed, molasses, and 1 teaspoon salt. Stir in rye flour. Knead on floured surface till smooth (about 5 minutes). Cut into 12 portions; roll each to a rope 15 inches long. Shape into pretzels; place on greased baking sheet. Moisten lightly with water; sprinkle with coarse salt. Bake at 425 degrees till browned and crisp, 15 to 20 minutes. Remove from pan and cool. Makes 12 pretzels.

Banana Muffins

1/2 cup butter or margarine
1¼ cups sugar
2 eggs
1½ cups flour
4 tablespoons sour cream
1 teaspoon soda
1 cup mashed ripe bananas
1/4 teaspoon vanilla
1/4 teaspoon salt

Cream butter and sugar. Add eggs and mix until light and fluffy. Add sour cream and soda. Add flour, salt, vanilla. Mix well. Fill greased (or paper cups) muffin tin. Bake at 350 degrees for 25 minutes. Makes 16. These freeze well, too.

Peter Flanik, age 8

Granola

4 cups old-fashioned oatmeal
1 cup sunflower seeds
(if salted, add after cooking)
1 cup wheat germ
1 cup shredded coconut

Combine 1/2 cup honey and 1/2 cup oil or butter. Pour over the above and mix. Bake in 300 degree oven until slightly browned, stirring occasionally. It should take about 30 minutes . . do not bake too long. After it has cooled, you can add what you like, cashew or other nuts, raisins, any other diced fruit, sesame seeds, etc.

Jennifer King, age 5

Pumpkin Bread

1 cup salad oil
3 cups sugar
4 eggs
2/3 cups water
2 cups pumpkin
3½ cups flour
2 teaspoons soda
3 teaspoons cinnamon
3 tablespoons Irish Whiskey
1½ teaspoons salt
2 cups nuts

Mix sugar and oil together. Add eggs, water and pumpkin; mix well. Sift dry ingredients together and add to pumpkin mixture. Pour into greased loaf pans and bake at 350 degrees for 80 minutes. Cool before removing from pans. Bread freezes well. Makes 2 large loaves.

Baking Powder Biscuits

2 cups flour
4 teaspoons baking powder
4 tablespoons shortening
1 teaspoon salt
2/3 cup milk

Sift flour before measuring, sift again with baking powder and salt. Cut in shortening until mixture is like coarse corn meal. Add milk, working only enough to combine ingredients. Turn out on floured board, pat or roll out 1/2 inch thick and cut, using biscuit cutter. Place on slightly greased pan. Favorite way of baking them is by dropping them by spoonfuls on the cookie sheet. Add a little more shortening and about 2 tablespoons sugar and the mixture is wonderful for shortcake for fresh strawberries, raspberries, or peaches. Bake at 450 degrees for 10 to 15 minutes.

Zucchini Bread

1/4 teaspoon baking powder
1 teaspoon salt
3 teaspoons cinnamon
3 eggs
2 cups sugar
1 cup nuts, chopped
3 cups sifted flour
1 teaspoon soda
3 teaspoons vanilla
1 cup oil
2 cups grated and peeled (no seeds) zucchini - use large cheese grater

Sift dry ingredients. Beat eggs till light and add oil, sugar, zucchini and vanilla. Mix lightly but thoroughly. Add dry ingredients. Add nuts - mix. Bake 325 degrees for one hour or until done. Makes two large loaves. Freezes nicely.

Petah (Arab Bread)

2½ cups warm water
2 packages dry yeast
1/4 teaspoon sugar
6 cups flour
1¼ teaspoons salt
3 tablespoons oil

Place yeast, sugar and 1/2 cup water in small bowl. Stir until dissolved. Let sit for 5 minutes. Mix remaining ingredients. Add to yeast mixture. When mixed, knead dough. Grease top of dough. Place in greased bowl and allow to rise 1½ hours. Form into round shapes about the size of saucers. Bake five at a time in electric fry pan for 5 minutes at 500 degrees.

Golden Gate Snack Bread

2 packages active dry yeast
4-4½ cups flour
2 tablespoons sugar
1 teaspoon salt
1 cup warm water
1 cup (8 ounce jar) cheese spread
2 tablespoons soft butter

Filling: Combine 1/3 cup soft butter and 1 packet onion soup mix; blend well.

Soften yeast in warm water in large mixer bowl. Add 2 cups flour and remaining ingredients. Beat 2 minutes at medium speed of mixer. By hand, gradually add remaining flour to form a stiff dough. Cover; let rise in warm place until light and doubled in size, about 30 minutes. Prepare filling. Roll out dough on floured surface to a 20 x 14 inch rectangle. Spread with filling. Starting with 14 inch side, roll up jelly roll fashion. Seal edges and ends. Using knife or scissors, make a lengthwise cut down center to form 2 loaves. Place, cut side up, on greased cookie sheet. Cover; let rise in warm place until light, about 45 minutes. Bake at 350 degrees for 25-30 minutes. Serve hot or freeze and reheat.

Kristina Becker, age 6

"B is for Baker who makes men their bread, the great staff of life on which nations are fed." - Anonymous

Julekage

4½ to 5 cups all-purpose flour
2 packages active dry yeast
3/4 teaspoon ground cardamom
1¼ cups milk
1/2 cup sugar
1/2 cup butter or margarine
1 teaspoon salt
1 egg
1 cup chopped mixed candied fruits
1 cup light raisins

In large mixer bowl combine 2½ cups of the flour, yeast, and cardamom. In saucepan heat milk, sugar, butter, and salt just till warm, stirring constantly to melt butter. Add to dry mixture in mixer bowl; add 1 egg. Beat at low speed with electric mixer for 1/2 minute, scraping bowl. Beat 3 minutes at high speed. By hand, stir in fruits, raisins, and enough remaining flour to make a soft dough.

Turn out on lightly floured surface and knead till smooth (8 to 10 minutes). Shape into ball. Place in greased bowl, turning once. Cover; let rise in warm place till double (1¼ to 1½ hours). Punch down; divide in half. Cover; let rest 10 minutes. Shape in two loaves; place in two greased 9x5x3 inch loaf pans. Cover; let rise in warm place till double (about 45 minutes).

Bake at 350 degrees for 35 to 40 minutes. Remove from pans; cool. Drizzle with icing. Garnish with almonds and red and green candied cherries.

Freddy Becker, age 4

MAIN DISHES

INDIA

Cheese-Burger

Cook and drain:	1 (8 ounce) package noodles
Brown:	2 pounds ground beef
	1½ teaspoons salt
	1/4 teaspoon pepper
	1 medium onion, chopped
	2 tablespoons chopped green pepper
Stir in:	1/2 teaspoon garlic salt
	2 (8 ounce) cans tomato sauce
	1 teaspoon oregano

Set hamburger mixture aside. Blend together 1 (8 ounce) package cream cheese, softened, 1/2 cup sour cream. Blend in 1½ cups cottage cheese. Place half of noodles in a 13 x 9 x 2 inch casserole. Cover with cheese mixture. Spread remaining noodles over all. Bake 20-25 minutes at 350 degrees. Serves 12.

Jennifer King, age 5

Crabmeat Newburg

1 can cream of shrimp soup
1 (6 ounce) package of King crabmeat
1 (3 ounce) package pimiento cream cheese

Heat soup in double boiler with cream cheese; when thoroughly heated, add crabmeat broken up in sauce; heat until crabmeat is warm. Serve over rice.

Baked Clams

36 soft-shelled clams
Scrub with a brush and wash in cold water several times. Place them flat in a pan. They may be placed on rock salt. Bake them in a hot oven 425 degrees until the shells open. Remove the top shell carefully to avoid spilling the juices. Serve the clams in individual plates with butter and celery salt, pepper and lemon wedges.

Swedish Meat Balls in Wine Gravy

1 pound ground beef
1/4 cup butter
1/4 cup flour
1 tablespoon minced parsley
1 teaspoon Kitchen Bouquet
3/4 cup bread crumbs
1/8 teaspoon allspice
1/2 cup sherry wine
salt and pepper
2 large onions, sliced
1/2 cup cream
1/4 teaspoon mace
1/2 cup water
1 egg, slightly beaten
2 cans consomme

Mix beef, bread crumbs, cream, egg and seasonings. Shape into small walnut sized balls. Heat butter in large skillet, add onions and cook for 5 minutes. Remove onions. Place meat balls in skillet and brown on all sides, turning with two teaspoons. Remove meat balls. Add flour to drippings in skillet adding more butter if needed - blend well. Add consomme, water and sherry stirring constantly until mixture is thickened and smooth. Season to taste with salt and pepper; add parsley and Kitchen Bouquet. Return meat balls and onions to sauce, cover tightly and simmer 30 minutes, stirring occasionally. Serve hot over buttered noodles, covered with a sprinkle of grated Parmesan cheese.

Baked Beans

Soak overnight in water - 2 cups navy or pea beans. Simmer in same water until tender, 1-2 hours. Drain. Save liquor. Place in 2 quart bean pot in layers - drained, cooked beans, 1/2 pound salt pork, 1 slice onion. Combine 3 tablespoons molasses, 2 teaspoons salt, 1/8 teaspoon pepper, 1/4 teaspoon dry mustard. Pour over beans. Add just enough bean liquor to cover beans. Cover. Bake in 300 degree oven for 8 hours. Remove cover the last half of baking and add a little boiling water if the beans seem dry. Serves 6.

Lolita Gordon, age 10

Fried Rice

5 cups cold cooked rice
3 eggs
4 stalks green onion
4 tablespoons oil
2 tablespoons soy sauce
1/2 teaspoon MSG
1 package bean sprouts
1/2 cup diced pork roast or ham
1 teaspoon salt
1/8 teaspoon pepper

Heat pan with 2 tablespoons oil and pour in thoroughly beaten eggs. Cook into sheet, remove from pan, dice and set aside. Chop green onions into 1/4 inch pieces. Reheat pan with 2 tablespoons oil and when hot, stir fry bean sprouts and green onions for 2 minutes. Add rice and mix quickly, add salt, pepper, soy sauce and MSG. Stir fry for 1 minute; add diced egg and ham. Cook until evenly mixed.

Goolosh

Egg noodles
1 pound hamburger
2 cans tomato sauce
1 can Chef Boy-Ar-Dee Spaghetti Sauce with mushrooms
1/2 onion
1/3 bell pepper
1 can mushrooms and juice
dash of oregano
dash of MSG
salt and pepper to taste
1/2 teaspoon garlic
parsley
grated cheddar cheese

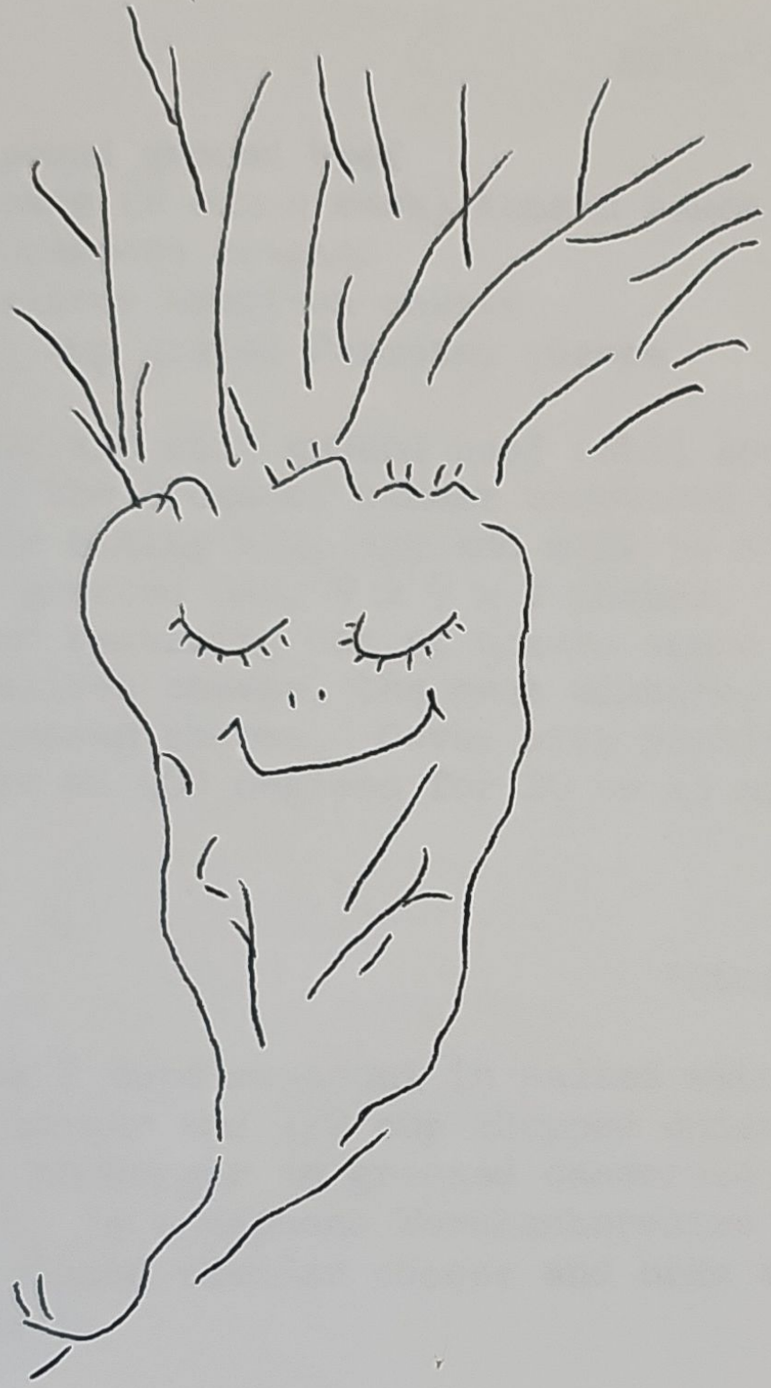
Boil egg noodles, rinse and stand aside. Saute onion and bell pepper, add mushrooms and saute in butter. Brown hamburger in separate pan, pour off grease and add sauted food. Stir in tomato sauce, spaghetti sauce and spices - blend in egg noodles and top with cheddar cheese. Put in oven at 325 degrees until cheese is melted and casserole bubbles.

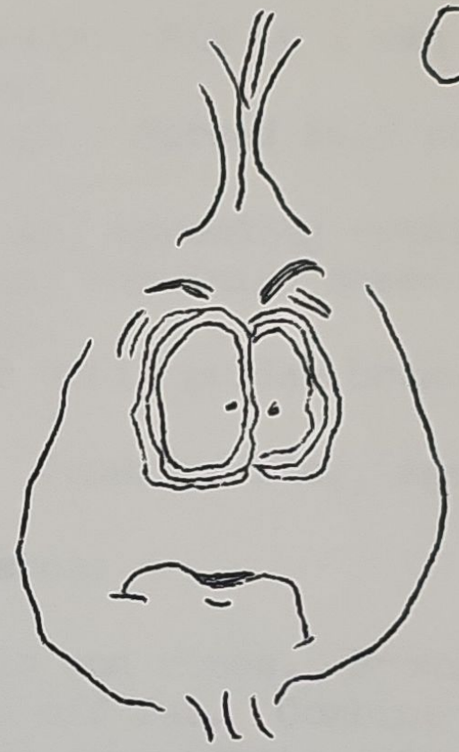
Jennifer Austneberg, age 4

Ranch-Style Baked Beans

2 tablespoons butter or margarine
1 pound ground beef
1 envelope onion soup mix
1 cup catsup (or tomato sauce)
2 tablespoons prepared mustard
2 (1 pound) cans pork and beans in tomato sauce
1 (1 pound) can kidney beans, drained
1/2 cup cold water
2 teaspoons cider or wine vinegar
sugar to taste

Bake 35 to 40 minutes! Serves 8-10.
Oven - 350 degrees.





Onion

By Nedra

Molly's Pizza Sandwich

1 pound ground beef
2 cans (8 ounce each) tomato sauce
1 teaspoon oregano
8 slices American cheese
1/4 cup grated Parmesan cheese
2 cups Bisquick Baking Mix
1 egg
2/3 cup milk
1 can (2 ounce) sliced mushrooms, drained

Cook and stir ground beef until browned; drain. Mix in 1 can tomato sauce and the oregano; simmer uncovered 10 minutes.
Stir Baking Mix, egg and milk to a soft dough. Spread half of the dough in greased pan, 9 x 9 x 2 inches.
Pour remaining can of tomato sauce over dough, spreading evenly. Layer 4 slices cheese, the meat mixture, mushrooms, remaining cheese slices and Parmesan cheese. Cover with remaining dough.
Bake at 400 degrees for 20 to 25 minutes or until golden brown. Serves 6.

Jennifer King, age 5

"Stuff" Casserole

Cook 2 cups macaroni in salted water. Drain and rinse. Brown 1½ pounds hamburger and 1/2 cup chopped onion. Drain off fat. Combine macaroni and hamburger in greased casserole with 2-2½ cups tomato juice, 1 teaspoon salt, 1½ teaspoons Worchestershire sauce, dash of pepper. Top with grated or sliced cheddar cheese and bake at 350 degrees for 30-45 minutes. Serves 4 or 5.

Hamburger Pizza

1 cup ripe olives
1 pound ground lean beef
1½ teaspoons salt
1/4 teaspoon black pepper
1 tablespoon minced onion
2 tablespoons chopped parsley
1/2 teaspoon dry mustard
3/4 cup canned tomato sauce
1/2 teaspoon dried basil*
1/8 teaspoon dried oregano*
1 cup grated American cheese

Cut olives into large wedges. Blend beef, salt, pepper and mustard, and press lightly into bottom and sides of greased 9 inch pie-plate. Blend tomato sauce, basil, oregano, onion and parsley, and pour into meat shell. Sprinkle with olives and cheese. Bake in moderately hot oven (375 degrees) 20 to 30 minutes. Cut into wedges to serve.
*If basil and oregano are not available, substitute 1/3 teaspoon chili powder.

Mini Pizza

6 English muffins, halved and toasted
Top with tomato sauce; sharp cheese, grated; jack cheese, grated; sausage.
Broil until cheese melts.

Mark Gordon, age 9

Chinese Style Hamburger Hash

1 pound ground beef
2 medium onions, chopped
1 cup sliced celery
1/2 cup uncooked rice
(cooked first is faster)
1/4 cup soy sauce
1 can (10½ ounce) mushroom soup
1 can cream of chicken soup (optional)
1¼ cup warm water
1/4 teaspoon pepper
1 can bean sprouts (optional)
1 can crisp Chinese noodles

Brown meat until crumbly. Add chopped onion, celery, soups. Stir in the uncooked rice, soy sauce and pepper (no salt necessary). Turn into slightly greased baking dish. Cover and bake 30 minutes at 350 degrees. Remove cover and continue baking 30 minutes longer. Cover the mixture with the sprouts and noodles and bake 15 minutes longer.

Ship Wreck Hot Dish

1 pound ground beef
1 small onion
1 can tomato soup
1 soup can milk
1 can drained red kidney beans
3 potatoes, cut into small chunks
salt and pepper to taste
frozen peas and carrots optional

Brown meat and onion. Add other ingredients and put into large casserole. Bake 1½ hours at 350 degrees. Remove lid last half hour to brown.

Freddy Becker, age 4

Chicken Casserole

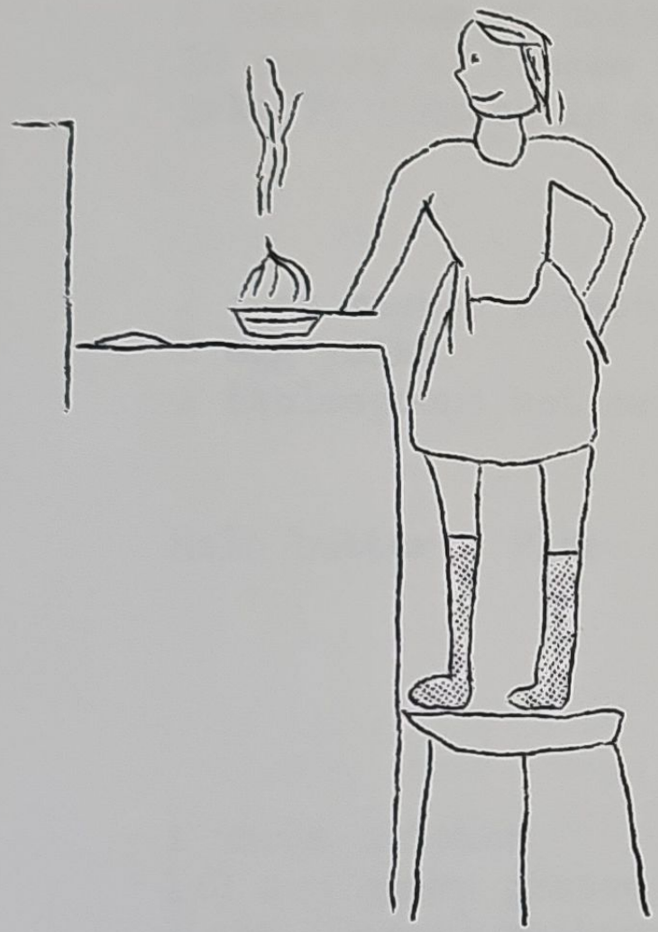
12 slices white bread, crusts removed
2 cups cooked, diced chicken
1 cup celery, diced
1 small onion, diced or grated
1 (4 ounce) can mushrooms, diced
2 cups milk
1 cup mayonnaise
4 beaten eggs
1 can cream of chicken soup
grated cheddar cheese

Cube 6 slices of bread and spread on bottom of 9 x 13 pan. Mix together chicken, celery, onion and mushrooms and spread over bread cubes. Cube remaining 6 slices of bread and put over this. Mix together milk, eggs, and mayonnaise and pour over all. Refrigerate overnight. Before baking, cover with the soup.
Bake in 325 degree oven for 45 minutes. Remove from oven and sprinkle with grated cheddar cheese. Bake 15 minutes longer.

Chopstick Tuna

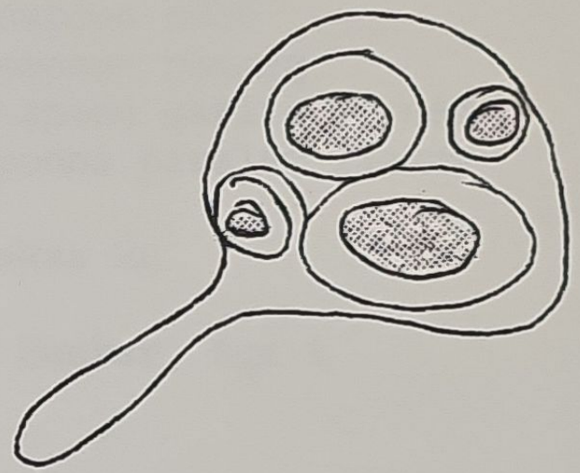
1 can cream of mushroom soup
1 6½ ounce can of tuna
1/4 cup chopped onion
1 (3 ounce) can chow-mein noodles
1 cup sliced celery
dash of pepper

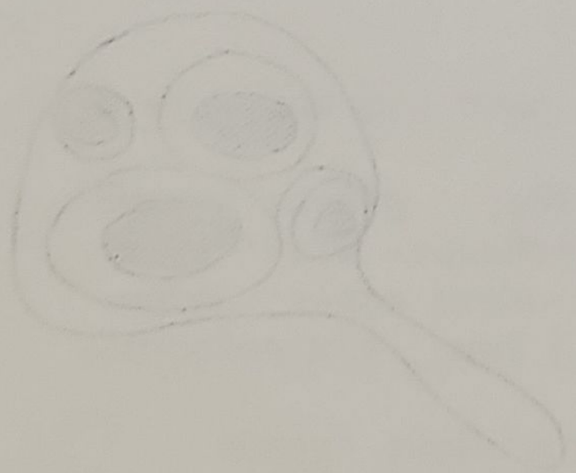
Mix soup with 1/4 cup water. Add 1 cup chow-mein noodles and remaining ingredients. Toss lightly. Place in ungreased 10 x 6 baking dish. Sprinkle remaining noodles over top. Bake at 375 degrees for 15 minutes or until heated. Trim with canned mandarin orange slices. Serves 4-5.



Nothing Good Ever comes of My cooking!

Fried Eggs by Shawn





Sunday Special

2 pounds very lean hamburger pressed into a 9 x 13 inch pan
1 large onion chopped and sprinkled over the hamburger
2 cans cream of celery soup spread over the onion and hamburger
20 ounces of frozen tater tots arranged over all
Bake 75 minutes in a 350 degree oven - serves 6

Potato Pflutters

2 cups mashed potatoes
2 egg yolks
4 tablespoons hot melted butter
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/2 teaspoon garlic powder
4 teaspoons parsley flakes

Melt butter. Place under broiler for 5 minutes. Makes 24.

Freddy Becker, age 4

Chicken Divine

1 whole chicken
1/2 cup sharp grated cheese
1 can (large) mushrooms and juice
1 can cream of mushroom soup
1/2 teaspoon curry
1/2 minced onion

Bake two hours at 350 degrees. Cook one hour covered, one hour uncovered.

15 Minute Dinner

Slice: 1 pound frankfurters (wieners)
Chop: 1 large onion, 1 large green pepper, 3 stalks celery
Brown all lightly in 1/4 cup butter.

Add: 1 can drained kidney beans, 1 can tomato soup
Season to taste with salt, pepper and prepared mustard.
Cover and simmer for 15 minutes. Serves 6.

Peter Flanik, age 8

Camp Stew

1 pound ground beef or more
1 onion
6 medium potatoes
4 carrots
2 (8 ounce) cans tomato sauce
2 cups water

Brown ground beef and chopped onion in large skillet. Add thinly sliced potatoes and carrots, tomato sauce, and water. Cover and cook until well done. Add salt and pepper to taste. Great for camp-outs or for a fast meal at home.

The Baird Family

DESSERTS

Lollipops

1 cup water 2 cups sugar 3/4 cup light corn syrup

1. Boil water. Take off heat.
2. Stir in sugar and syrup.
3. Heat. When it boils, cover for 3 minutes.
4. Uncover. Cook at high to 310 degrees.
5. Put butter on foil.
6. Have stick ready.
7. Remove candy to low heat.
8. Add coloring.
9. Drop by spoonful on buttered foil.
10. Decorate with gumdrops, life savers, etc.

Press candies in well so they will stay. Makes about 12 lollipops.

Roasted Seeds
(pumpkin or squash)

2 cups unwashed seeds
1½ teaspoon melted butter
1¼ teaspoon salt

1. Heat oven to 250 degrees.
2. Roast in a shallow pan until crisp and brown, about 1 hour.
3. Stir from time to time.

Caramel Popcorn Balls

1 cup corn syrup
1 can Eagle Brand milk
1 pound brown sugar (2¼ cups)
1 cup white sugar
1 cube butter or oleo
1 teaspoon vanilla

1. Combine sugar, syrup, butter.
2. Bring to a boil.
3. Add milk.
4. Cook to soft ball stage (225 degrees) stirring constantly.
5. Pour over 3 gallons popcorn. Stir.

Toasted Taffy Apple

1 apple
pan of brown sugar
popsicle stick (to put into apple for eating)
roasting stick
knife for peeling

1. Using a pointed green stick, put stick through apple.
2. Turn apple over coals. Soon its skin looks ready to peel.
3. Peel apple and roll in pan of brown sugar.
4. Hold sugared apple over coals. The sugar will melt and make a hard coat around the apple.
5. Turn the stick slowly so that the sugar cooks evenly.

Snow ice creme

3/4 cup milk or creme

1/2 t. vanila

1/4 cup powderd suger

clene snow

Stir in clean snow until thick. (approximately 4 cups)

Brownies

2 squares unsweetened chocolate (2 ounce)
1/3 cup shortening or vegetable oil
1 cup sugar
2 eggs
3/4 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped nuts (optional)

Heat oven to 350 degrees. Grease a square pan, 8x8x2. Melt chocolate and shortening over low heat. Beat in sugar and eggs. Measure flour by dipping method or by sifting. Stir flour, salt and baking powder together. Mix in nuts. Spread in pan. Bake 30 to 35 minutes or until top has a dull crust and a slight imprint remains when touched lightly. Cool slightly and cut into squares. If desired, spread with chocolate icing before cutting.

Chocolate Icing:
1 tablespoon butter
1 square unsweetened chocolate (1 ounce)
1½ tablespoons warm water
1 cup sifted confectioners' sugar

Melt chocolate and butter over hot water. Blend in warm water. Beat in contectioners' sugar until icing spreads easily. If desired, spread miniature marshmallows over brownies while still warm and top with chocolate icing. Then let them cool.

Nedra Gordon, age 12

Chocolate Lassies

3/4 cup shortening
3/4 cup sugar
1 egg, unbeaten
1/2 cup molasses
2½ cups sifted flour
1½ teaspoons baking soda
1/2 teaspoon ginger
1/2 teaspoon cinnamon
1 cup chocolate chips
1/2 cup chopped nuts (optional)

Cream shortening and sugar until fluffy. Beat in egg and molasses. Mix and sift flour, baking soda and spices; add; mix well. Stir in chocolate chips and nuts. Drop by teaspoonsful on ungreased cookie sheets. Bake in moderate oven (375) degrees for 10-12 minutes. Makes about five dozen.

Peter Flanik, age 8

Congo Squares

Melt in large sauce pan: 2/3 cup shortening
Stir in and allow to cool slightly: 2¼ cups brown sugar (1 lb.)
Beat in one at a time: 3 eggs
Add: Sifted 2 2/3 cups flour, 2½ teaspoons baking powder and 1/2 teaspoon salt
Add: 1 cup chopped nuts and 1 cup chocolate chips

Spread into a greased 9 x 13 inch pan and bake at 350 degrees for 25 to 30 minutes . . . not long or they will be dry.

Bourbon Balls

1 cup vanilla wafer crumbs
1 cup finely chopped pecans
1 cup powdered sugar
2 tablespoons cocoa
1/4 cup bourbon
1½ tablespoons light corn syrup

Powdered sugar is for rolling. Shape in 1-inch balls. Roll in powdered sugar. Refrigerate.

Vanilla Refrigerator Wafers

1/2 cup butter
1¼ cups powdered sugar
1 egg
2 cups flour
1 teaspoon cream of tartar
1/2 cup margarine
1 teaspoon vanilla
1 teaspoon baking soda
1/8 teaspoon salt

Cream together butter, margarine, and powdered sugar. Beat in egg and vanilla. Combine flour, soda, cream of tartar and salt and add to creamed mixture. Mix well. Roll and wrap in foil. Chill. Slice 3/8" thick. Bake on ungreased cookie sheet at 350 degrees for 8-10 minutes. Makes about 7 dozen cookies.

Peter Flanik, age 8

Ovenless Cookies

3 tablespoons cocoa
1 cup sugar
1/2 cup instant nonfat dry milk
1 tablespoon margarine or butter
1/4 cup peanut butter
1/4 cup water
1½ cups rolled oats
1 teaspoon vanilla, (optional)

Mix sugar, cocoa, nonfat dry milk, margarine or butter and water in a pan. Bring to a boil; stir and boil 2 minutes. Remove from heat and add peanut butter. Stir until peanut butter is melted. Add rolled oats. Add vanilla if used. Mix well. Drop by spoonfuls on waxed paper. Let cool at room temperature before serving or storing. Makes 24 - 1½ inch cookies. Better double the recipe as these go fast.

Peter Flanik, age 8

Fudgsicles

1 small package instant chocolate pudding, 1/4 cup sugar; 1/2 cup cream and milk (as called for on pudding box). Mix all ingredients well and pour into tupperware popsicle molds. Makes 12 of the popsicles.

Jennifer King, age 5

Shortbread Cookies

1 cup margarine
1/2 cup brown sugar
2 tablespoons white sugar
1 egg yolk
1/2 teaspoon vanilla
1 tablespoon milk
2 cups flour

Cream margarine and sugar together. Add egg yolk, vanilla, and milk and mix well. Blend in flour. Mold the mixture by tablespoonfuls into balls. Place on baking sheet and press flat with fork. Bake 8 minutes at 400 degrees.

Macaroonies

2 eggs
1/8 teaspoon salt
3/4 cup sugar
1/2 cup flour
1 tablespoon butter, melted
2 cups flaked coconut
1 (6 ounce) package chocolate morsels
1 teaspoon grated lemon or orange rind
1 teaspoon vanilla

Beat eggs and salt until foamy. Gradually add sugar, continue beating until thick and ivory color, 5-7 minutes. Fold in flour and butter. Stir in coconut, chocolate morsels, lemon rind and vanilla. Drop dough by rounded teaspoonfuls in greased and floured cookie sheet. Bake at 325 degrees for 12-15 minutes.

7 Layer Cookies

In 9 x 13 pan melt 1 cube margarine. Add 1½ cups graham cracker crumbs and pat down. Sprinkle on top in this order:

1½ cups chocolate chips
1 package butterscotch chips
1 cup coconut
1 cup nuts

Pour over all one can Eagle Brand condensed milk and bake 25-30 minutes at 350 degrees. Cool before removing from pan.

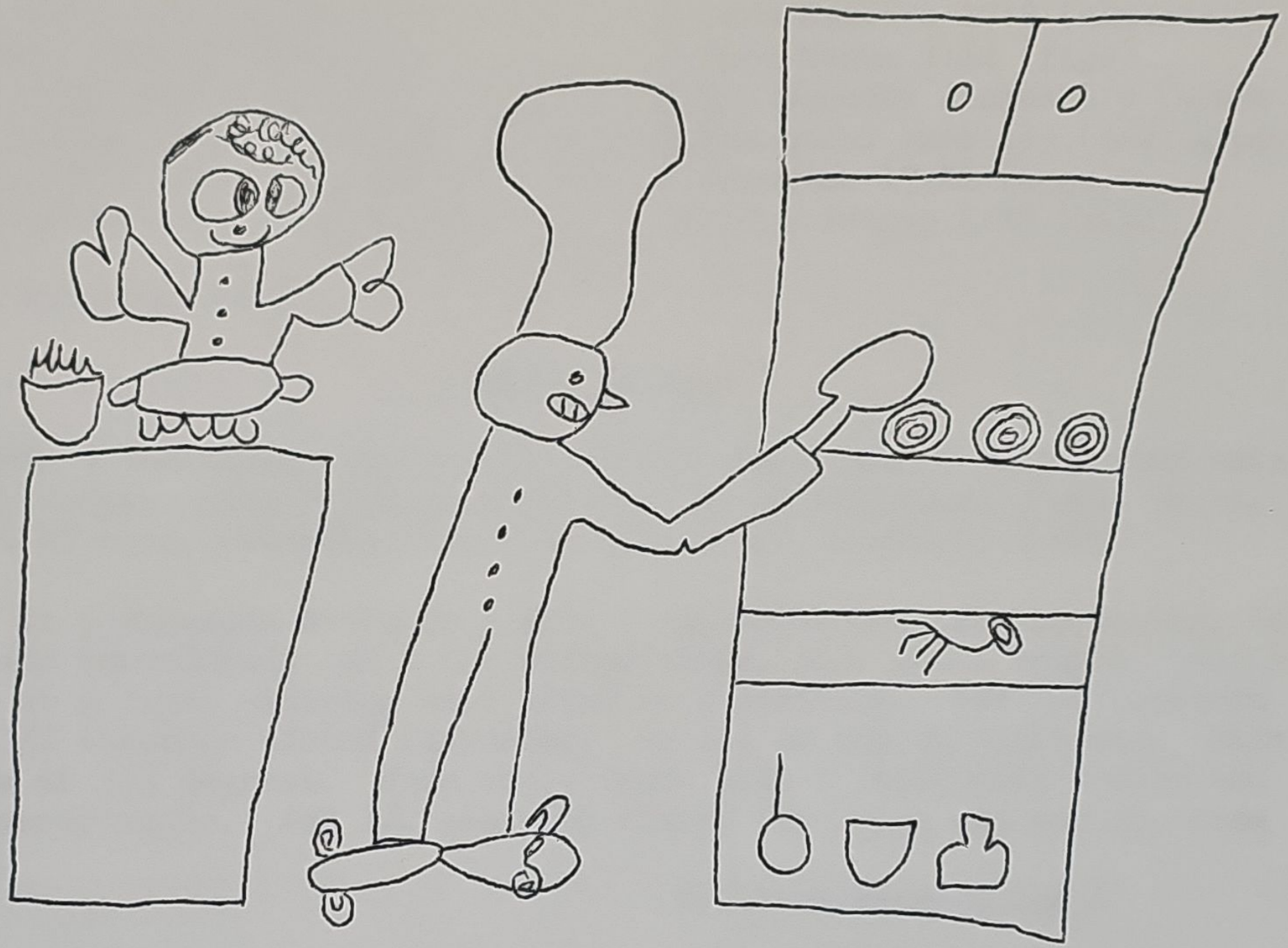
Rice Krispie or Special K Cookies

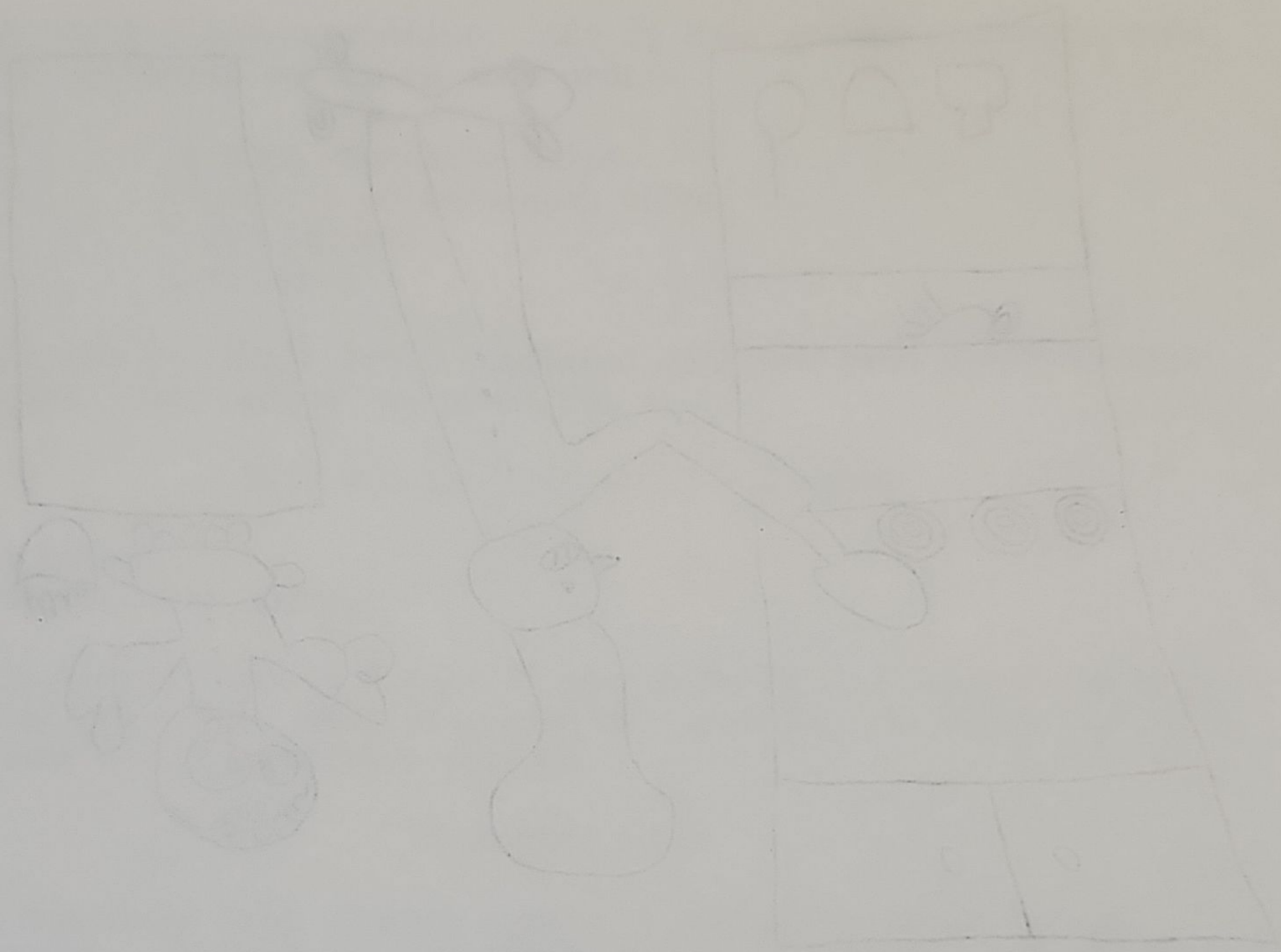
1 cup peanut butter
12 ounces butterscotch morsels

Melt over hot water. Add to 7 cups of rice krispies. Mix well and press evenly into a large pan. Melt 12 ounces of chocolate chips over hot water and spread over the rice krispie mixture.

Good Fast Fudge

1 small can condensed milk 2 cups sugar 1 package chocolate chips
1 cube margarine 10 large marshmallows Boil milk and sugar together for 6 minutes. Put into mixing bowl and add other ingredients and stir until marshmallows are dissolved.





Scripture Cake

4½ Cups 1 Kings 4:22 (flour)
1 Cup Judges 5:25 (butter)
2 Cups Jeremiah 6:20 (sugar)
2 Cups 1 Samuel 30:12 (raisins)
1 Teaspoon Leviticus 2:13 (salt)
Spices to taste 2 Chronicles 9:9

2 Cups Numbers 17:8 (almonds)
2 Cups Nahum 3:12 (figs)
3 Tablespoons Joshua 5:6 (honey)
3 Teaspoons Amos 4:5 (baking powder)
6 Jeremiah 17:11 (eggs)
1/2 Cup Judges 4:19 (milk)

Beat Well Proverbs 23:14.

Krister Kringer

Part I: Mix 1 cup sifted flour with 1/2 cup butter and 2 tablespoons water as for pie crust. Divide dough in halves. On an ungreased cookie sheet, using heel of hand, pressing into 2-3" strips the length of sheet.

Part II: In a saucepan bring to a boil 1 cup water and 1/2 cup butter, take off fire and immediately add 1 cup sifted flour, stir until smooth. Add 3 eggs, one at a time, stirring well after each addition. Add 1/4 teaspoon salt and 1/2 teaspoon almond flavoring. Spread on top of first mix. Bake 45 minutes at 375 degrees. When cool, frost with 1 Tablespoon butter and 1 cup powdered sugar. Add 1/2 teaspoon almond flavoring and enough cream to spread.

Kristina Becker, age 6

Easy Oven Pancake

In a blender combine 1 cup milk, 2/3 cup regular all purpose flour (unsifted) 2 tablespoons sugar, 1/2 teaspoon salt, 2 eggs, 1/2 teaspoon grated lemon peel, and 1/2 teaspoon ground cardamom. Whirl until smooth.
Put 1/4 cup butter or margarine in a 9" pie pan. Place in preheating oven until butter melts; then remove from oven and pour batter into pan. Bake in a 400 degree oven until deeply browned and puffy, about 35 minutes. (It will be moist in the center). Serve immediately with creamy topping and lingonberries.

Creamy topping: With beater, whip 1/2 cup heavy cream until stiff. Then slowly beat in 3 tablespoons unsifted powdered sugar and 1/2 cup sour cream.

Poppy Seed Cake

5 eggs
3/4 cup poppy seed
1 package instant pudding (butterscotch or lemon)
1 cup water
1 Yellow Cake Mix
1 cup Wesson oil

Beat eggs, Wesson oil and water for 2 minutes. Add cake mix, pudding mix and poppy seeds. Beat at least 4 minutes. Bake in a greased tube pan for 70 minutes at 350 degrees. Does not need frosting - stays moist for several days.

5 Minute Cake

2 eggs beaten - add 1 cup sugar and beat again. Add flour, 1 cup sifted with 1 teaspoon baking powder. Then add 1/2 cup hot milk in which butter the size of an egg has been melted. Add 1 teaspoon vanilla. Bake at 350 degrees for 30 minutes in an 8 x 8 square pan.

Topping:
2 tablespoons canned milk
2 tablespoons butter
1/2 cup coconut
1/2 cup brown sugar

Melt butter in milk - add coconut and sugar and make paste. Spread on cake after it has been baked and toast in the oven.

Raw Apple Cake

1 cup oil
2 cups sugar
3 eggs
1 teaspoon vanilla
3 cups peeled, chopped apples
2½ cups flour
1 teaspoon soda
1½ teaspoons salt
1 teaspoon baking powder
1 teaspoon cinnamon (optional)
1 cup nuts (optional)

Beat together oil, sugar, eggs and vanilla. Add apples, then the dry ingredients which have been sifted together. Spread in 9 x 13 inch pan which has been greased and floured. Bake at 350 degrees for 50 minutes.

Cereal Crunch

Bring to a boil 1/2 cup light Karo. Remove from heat and add: 1 (6 ounce) package Chocolate chips, 1 teaspoon vanilla. Stir until mixed. Mix in 4 cups Cherrios or Rice Krispies, or other cereal. Pour into buttered square cake pan. (Crush cereal as you spread). Cool and cut into squares.

Jennifer King, age 5

Grape Whip

1 package lemon jello dissolved in 1 cup boiling water. Stir and cool. Add 1 cup grape juice. Let chill. Whip. Chill again and serve.

Pineapple Banana Whip

Mash 2 bananas with a fork. Use a beater to combine with 1 cup pineapple juice, 2 cups milk, and 1/2 teaspoon nutmeg. Pour into glasses and top with scoops of vanilla ice cream. Makes 1 quart. If desired, all ingredients can be combined in a blender.

Be Careful of the Words You Say . . Keep Them Soft and Sweet
You Never Know From Day to Day . . .Which Ones You'll Have to Eat!

Granola-Peanut Crunchies

1 (6 ounce) package semi-sweet chocolate chips
1 pint jar marshmallow creme
2½ cups granola
1/2 cup Spanish peanuts

Melt chocolate chips over hot (not boiling) water. Stir in marshmallow creme. Remove from heat and stir in granola and peanuts. Press into buttered pan and chill until firm.

Jennifer King, age 5

Chocolate Cupcakes

1 egg
1/2 cup cocoa
1/2 cup shortening
1½ cups flour
1/2 cup sour milk
1 teaspoon vanilla
1 teaspoon soda
1 cup sugar
1/2 cup hot water

Put in a bowl in order given. Do not mix until all items are in the bowl. Beat well. Bake in 350 degree oven for 15-20 minutes. Serves 16.

Peter Flanik, age 8

I'm sorry for children, wherever they are, who live in a house where there's no cookie jar!

Ice Cream Cone Cakes

Make your favorite cupcake recipe. Fill waffle ice cream cones a scant 1/2 full. Do not fill too full or they will not have a nice round top. Set on baking pan and bake in 400 degree oven for 15-18 minutes. Cool and frost and decorate if you like!

Jennifer King, age 5

Wonder Chocolate Cake

1½ cups flour
1 cup sugar
3 tablespoons cocoa (Hershey)
1 teaspoon soda
1/2 teaspoon salt
6 tablespoons salad oil
1 tablespoon vinegar
1 teaspoon vanilla
1 cup cold water

Put all dry ingredients in square baking pan. Make 3 holes in batter for oil, vinegar and vanilla. Then pour cold water over all and mix thoroughly. Bake in 350 degree oven for 30 - 35 minutes. Check it at 30 minutes and see for yourself.

Orange Wine Cake

2 packages pound cake mix
Sauterne
grated rind of 2 oranges
1 cup golden raisins
1 cup toasted chopped almonds
1 cup confectioners' sugar
food coloring (optional)
candied fruit

Prepare pound cake mix as directed on package, substituting sauterne for the water. Fold in orange rind, raisins and almonds. Pour in greased and floured 9" tube pan. Bake at 350 degrees for 1 hour and 20 minutes or until done. Cool on rack lo minutes before removing from pan. Glaze with confectioners' sugar mixed with enough sauterne to make consistency of thin cream. Tint glaze with food coloring, if desired. Decorate with candied fruit. Cake can also be baked in 2 9x5x3 loaf pans for 50-60 minutes.

Chocolate Covered Raisins

Combine and place over hot (not boiling) water until chocolate melts: 1 package (6 ounces) semi-sweet chocolate pieces, 3 tablespoons corn syrup and 1 tablespoon water. Remove from heat and stir in 1½ cups seedless raisins. Drop by teaspoonfuls onto waxed paper. Chill until set. Yield: 2 to 2½ dozen pieces.

Freddy Becker, age 4

Pooh 1-2-3-4 Cake

I. 1 cup soft butter or margarine
1 cup milk

II. 2 cups sugar

III. 3 cups sifted flour
3 teaspoons baking powder
3 pinches of salt

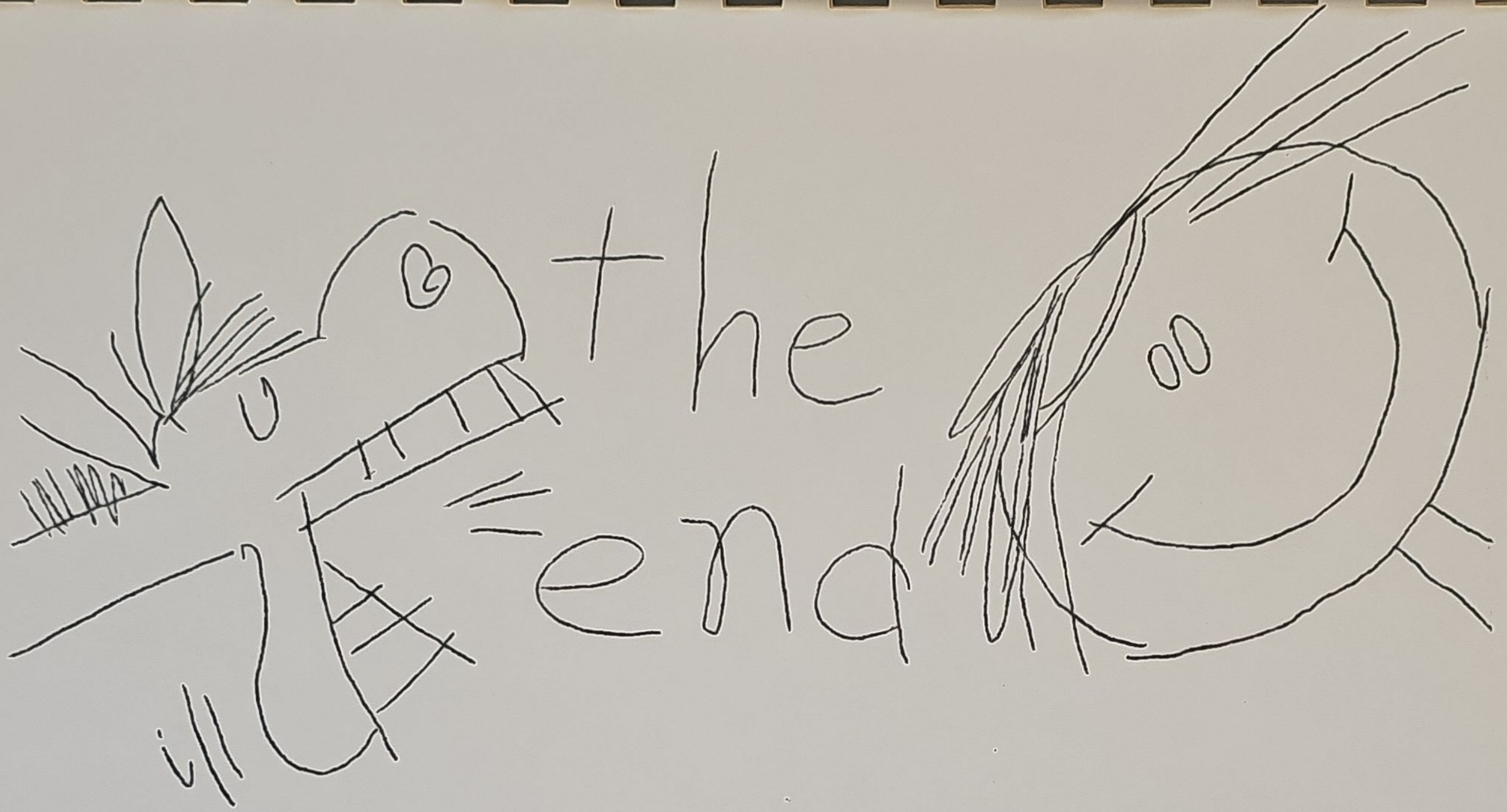
IV. 4 eggs

Combine 1's and 2's and cream together. Add 3's and mix. Then add 4's and mix again.
Pour into greased tube pan and bake at 350 degrees for one hour. Let cake sit for 20 minutes before removing from pan.

Rhubarb Cake

1½ cups sugar
1/2 cup shortening
1 egg
1 teaspoon soda
salt
1 cup buttermilk
2½ cups flour
2 cups rhubarb
1 teaspoon vanilla

Topping: 1 cup sugar, 1/2 cup butter, 2 teaspoons cinnamon
Place in 350 degree oven. Bake 35-45 minutes.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